



# The Self-Care and Coping Options That Transform Course©



***We exist to empower leaders and teams to breakthrough and achieve their potential!***

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# The Self-Care and Coping Options That Transform Course©

Would your leaders and team members benefit from a well-being training that offered them awareness and proactive solutions to take care of themselves?

Our mental and emotional well-being are essential for doing well at work, in our relationships, creatively, and in all other areas of our life. To maintain this well-being, we need to develop two types of skills:

- Coping - managing the stressful and difficult situations when they appear.
- Self-care - maintaining our well-being through routines and habits that make us feel better and live healthier.



☑ 1-2 Hours | ☑ 1/2 Day

These skills will help you deal with stressful and upsetting situations in a way that works for you and leads to the best outcomes. By mastering these skills, you can achieve the following:

- Take care of your well-being.
- Prevent burnout and exhaustion, as well as associated physical and mental health issues.
- Make better decisions under pressure and stress.
- Reduce the negative impact that stress can have on your body and mind.
- Improve your relationship with yourself and others.
- Have a toolbox of solutions for dealing with difficult situations of any degree of severity, from daily annoyances to serious issues.
- Boost your resilience.



In this course you will learn all about coping and self-care skills and figure out a plan that works for you. You will learn the life hacks to navigate the hybrid model of working from home and the workplace. You will learn keys to integrate your personal strengths and apply them in the workplace. You will receive a clear understanding of how you can cope with stressful situations and a wide array of strategies that can be adapted for your situation. You will also create your own routine for self-care and consider the habits that will work the best for you. The course includes simple tools for taking care of yourself on the long-term and developing strong habits that will help you become more resilient.

This Breakthrough Corporate Training proprietary course will include the following outcomes for your team:

- Understand the theory behind self-care and coping skills.
- Assess and evaluate your own existing habits and strategies.
- Distinguish between healthy and unhealthy skills.
- Build new and healthier habits.
- Consider the theory and practice of self-care.
- Discover practical strategies for managing your emotions.
- Acquire a variety of strategies for any situation and set of circumstances.
- Develop new routines and plans for taking better care of yourself.



The overall training/coaching is aimed to help participants gain a foundation for taking good care of themselves and constructing a set of tools, routine, and plans. The strategies taught intend to reduce and prevent anxiety, depression, and other mental health challenges. This course can be run in the following formats: 1-2 Hours and Half Day are available. Call +61 481 307 778 or email [office@breakthroughcorporatetraining.com.au](mailto:office@breakthroughcorporatetraining.com.au) for more information.

## Empowering leaders and teams to breakthrough and achieve their potential!

Breakthrough Corporate Training offers workshops, corporate training, coaching, team building, retreats and speaking services to organisations in Australia and worldwide. Breakthrough Corporate Training has a strategic partnership with TransforMe Learning and combined, we have over 70,000 hours of coaching/mentoring/training experience in organisations. 10s of 1000s of People from organisations in Sydney Australia and around the world have been transformed through our talks, corporate training, coaching, and mentoring. See some of our combined clients below.



### Our Vision

Breakthrough Corporate Training is a Sydney Australia-based corporate training leader. We facilitate powerful breakthroughs that transform team culture through our CLASS (Communication, Leadership And Soft Skills) and RAW (Resilience And Well-being) Courses and Programs. Our clients experience transformation through our on-line and on-site training, coaching, team building, retreats, and keynote talks. We add enormous value to teams as they become healthy, cohesive, and successful.

### Our Core Purpose

To Empower Leaders and Teams to Breakthrough and Achieve Their Potential!

### Our Core Values

Our Core Values show you what is really important to us and how we behave. Our core values demonstrate who we are at our core to our clients. These Core Values are intrinsic to who we are, and they do not change. Our Core Values are *Engagement, Breakthrough, and Passion*.

- Engagement* – We are engaged in every client encounter.
- We empower leaders and teams to *Breakthrough*.
- Passion* is our energy that fuels transformation experiences.

Our Nurture Values are values that we care about and that we aim to demonstrate in our behaviour. These values reflect our standards and how we function in our organisation. Our Nurture Values are *Relevance, Heart, Integrity, Presence, Truth, Courage, and Teamwork*.



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